



## **Creating a Space for You: Caring for a Loved One at Home**

Caring for someone for whom leaving the home may be difficult, can significantly impact the Caregiver's ability to come and go freely. Naturally this may color the experience of Caregiving. Even in the most pleasant and supportive home environment, not being able to leave freely may override the positive gifts, and cause one to lose sight of its nurturing aspects.

### **How may feeling confined be impacting you?**

- Anytime you feel you have no choice, or are confined or limited by something or someone else you may find it a difficult, wearing, and distressing feeling.
- Recognizing the choices that you have and that you are making in your life is empowering. If you do not see or accept the real choice that you make, you may naturally succumb to the bitter, angry, helpless, or hopeless feelings that can take over when you view yourself as trapped and without choice.
- The choices you are making may be difficult. You may be choosing between one difficult solution versus another, but there is still a choice. Owning these choices and decisions will can empower and support your personal freedom and esteem.

### **Attend to your feelings: Notice them, learn from them, and release them.**

- Your feelings are valuable sources of information about what you need, your own boundaries, and about what matters to you. Caregivers who are more confined to home may find that it is more difficult to focus in on their own feelings because they are in such close proximity and affected by the one they care for.
- Taking some time and paying attention to your feelings, taking a time out to notice, can provide a boundary between yourself and others.
- There are many ways that you may practice paying attention to and releasing your feelings. Some people write in a journal. Some people meditate. Some pay attention and find release during exercise. Some talk to a friend.



### **Personal Affirmation**

I am the keeper of my home,  
my heart its pulsing center.  
It is I, who stokes the fire.  
I am the grand castle and the humble hut,  
whose noble work I tend,  
with hands that comfort and create,  
whose toil I honor and respect.  
My arms spread wide at this, my table,  
an open door of thanks.  
I will eat and share this food,  
and nurture those who join me in my journey.  
I am the keeper.  
I am the sacred space.  
A home for healing tears and flights of joy,  
a treasure trunk of guarded memories.  
Each morning sun and evening star will light,  
all of nature's wonders and delight.  
With each breathing in and out,  
I abide the keeper of my house.  
In it I will hold the key,  
all of this reflecting me.  
Blessed be my house.

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